

# COTTESLOE WEEKLY PROGRAM – MARCH 2019

W: Weekly

F: Fortnightly

M: Monthly


WEEKLY ACTIVITIES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM – 9:00 AM	8:30 AM – 9:30 AM	9:00 AM – 10:00 AM	8:30 AM – 9:30 AM	8.30 AM – 9.30 AM	
WALKING GROUP W (Summer time)  FREE  Meet Outside entrance	EXERCISE YOUR WAY W  CONFERENCE HALL	GENTLE YOGA W  CONFERENCE HALL	YIN YOGA W  CONFERENCE HALL	PILATES MAT WORK W  CONFERENCE HALL	
8.30 AM – 9.30 AM	9:30am-10.30am	10.15am, 11.30am	9:30 AM – 11:00AM	10:00 AM – 11:30 AM	
PILATES MAT WORK W CONFERENCE HALL <b>NEW! EXTRA CLASS</b>	QIGONG W CONFERENCE HALL	YOGA THERAPY W APPOINTMENT ONLY	MEDITATION W CONFERENCE HALL	SOUND HEALING W CONFERENCE HALL	
9AM, 10AM, 11AM	10:00 AM – 12:00 PM	10:00 AM – 12:00 PM	10:00 AM & 11:00AM	10:00 AM and 12:00 PM	12:00 PM – 1:30 PM
RELAXATION MASSAGE F <b>NEW!</b> APPOINTMENT ONLY	TUESDAY FORUM (support group) W MEETING ROOM 3	WOMEN'S CIRCLE (support group) W MEETING ROOM 3	REIKI ONE ON ONE W APPOINTMENT ONLY	GRIEF GROUP (support group) W MEETING ROOM 3	REIKI CLINIC <b>LAST SATURDAY OF THE MONTH</b> CONFERENCE HALL
9:30 AM – 11:00 AM	10:00AM- 11:30 AM	10AM, 11AM, 12PM	12.30pm – 2.30pm	10AM, 11AM, 12PM	
MEDITATION MADE EASY W CONFERENCE HALL	SING FOR JOY CHOIR  W WANSLEA ROOM	RELAXATION FACIAL W  APPOINTMENT ONLY <b>NEW!</b>	CREATIVE ART THERAPY GROUP SESSION W	REIKI ONE ON ONE W APPOINTMENT ONLY	
9.30AM, 10.30AM, 11.30AM	10AM and 11.30AM		10AM, 11AM, 12PM	12.30PM, 1.45PM, 3PM	
SCAR WORK THERAPY F APPOINTMENT ONLY	SAND AND CLAY ART THERAPY ONE ON ONE W APPOINTMENT ONLY		REFLEXOLOGY F APPOINTMENT ONLY	KINESIOLOGY W APPOINTMENT ONLY	
	9AM, 10AM, 11AM HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY		1PM, 2PM, 3PM REFLEXOLOGY W APPOINTMENT ONLY		
11AM, 12.45PM, 1.45PM	11.30AM- 1.30PM				
HAND & FOOT MASSAGE OR INDIAN HEAD MASSAGE W APPOINTMENT ONLY	REIKI CLINIC W CONFERENCE HALL				
	12.30PM, 1.45PM, 3PM KINESIOLOGY W APPOINTMENT ONLY				
3:00pm- 4:00pm	10AM, 11AM, 12PM				
SOUND HEALING F WANSLEA ROOM <b>NEW FORTNIGHTLY!</b> <b>5<sup>th</sup> and 18<sup>th</sup> MARCH</b>	RELAXATION MASSAGE F <b>NEW!</b> APPOINTMENT ONLY <b>STARTS 12<sup>th</sup> MARCH</b>				
6:00 PM - 7:00 PM	1PM AND 2.30PM		6:00PM – 7:00PM		
YIN YOGA W CONFERENCE HALL	HYPNOTHERAPY W APPOINTMENT ONLY		YOGA FOR ALL W CONFERENCE HALL		

Please phone (08) 9384 3544 to book appointments or register for a course.

**The Wellness Club Membership Package** (\$395/year or \$210 for 6 months) is designed for those people who plan to be actively engaged in our program. This is the best value possible and allows you to make all our activities an easy part of your lifestyle. Benefits included are:

**On joining you will receive the below, FREE OF CHARGE:**


- A place at the Meeting the Challenge Seminar
- A place on MBSR 8 week course
- Cancer Wellness Coaching
- Support Groups
- Home & hospital visits
- Telephone counselling
- Sessions for all weekly activities
- Wellness Workshop
- 5 week extended course
- 10 week extended course



80 Railway Street, Cottesloe

# Op Shop

Mon – Fri 9.30am-4pm



**Volunteers and Donations welcome**

*Solaris Cancer Care is a not for profit organisation which relies on the generosity and support of the community.*



## **SOLARIS CANCER CARE COTTESLOE**

### **MARCH PROGRAM 2019**

***Offering care, support, and information services***

*Complementary Integrated Therapies  
Support & Counselling  
Information & Education Services  
On-site Library & Resources  
Drop-in Centre  
Relaxation Lounge Area  
Health & Wellness Activities*

**For bookings or information please contact us on**

**P: 08 9384 3544**

**E: [csmcottesloe@solariscancercare.org.au](mailto:csmcottesloe@solariscancercare.org.au)**

or visit

**CANCER WELLNESS CENTRE  
80 RAILWAY STREET  
COTTESLOE WA 6011**

**MONDAY – FRIDAY  
8:30 AM – 4:30 PM  
CLOSING 4:00 PM FRIDAYS**

**[WWW.SOLARISCANCERCARE.ORG.AU](http://WWW.SOLARISCANCERCARE.ORG.AU)**